



CATHIE ROSS

BsC (H.Kin), RK

Kinesiologist / Rehab Therapist

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Cathie is a Registered Kinesiologist with the College of Kinesiology of Ontario and has been practicing for 40 years. She has a keen interest in Chronic Pain and Geriatrics. As well as expertise in Hydrotherapy Programming for a wide variety of Musculoskeletal and Soft Tissue Injuries.

Her role, as Kinesiologist/Rehab Therapist includes assisting client's transition from a medical/clinical setting to a community/home setting, while continuing with his/her rehabilitation goals.

Her experiencing performing Job Site Analysis and Ergonomic Assessments allow her to effectively assist clients return to work in a safe and successful manner. Cathie is also a trained and certified PGAP (Progressive Goal Attainment Program) Assessor.

Cathie fundamentally believes that providing education with respect to managing persistent and chronic pain allows for a well-rounded approach to rehabilitation.

EDUCATION

- Bachelor of Science, Honours Kinesiology, University of Waterloo, Waterloo, ON (1981)

SERVICES

- Community /Home Exercise Programming
- Work Conditioning Programming
- Job Site Analysis / Physical Demands Analysis
- Ergonomic Assessments (Home & Workplace)
- Job Coaching
- Return to Work Programs
- Hydrotherpay

AREAS OF PRACTICE

- Orthopaedics
- Musculoskeletal/Soft Tissue
- Geriatrics
- Paediatrics

CATHIE'S SERVICE AREAS

